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No RRSP cash? Cut the coffee

Gail Vaz-Oxlade has nine tips that may help you scrounge up some extra dough PAGE 11

WHATEVER FLOATS YOUR ...

PLASTIC BARREL? FLORIDA KEYS REGATTA RACE CHALLENGES AMATEUR BOAT BUILDERS TO USE HOUSEHOLD ITEMS PAGE 8

Marijuana activist Marc Emery smokes from a bong shaped like the word "freedom" during his return party in downtown Vancouver on Sunday. BEN NELMS/THE CANADIAN PRESS

Emery welcomed back like royalty

Downtown rally. 'Prince of Pot' says U.S. jail term hasn't deterred him from continuing the fight for marijuana legalization

NICK WELLS
vancouver@metronews.ca

The Prince is officially home.

Marc Emery, B.C.'s infamous "Prince of Pot," was welcomed by hundreds at a downtown rally when he returned to Vancouver Sunday afternoon, vowing to pick up where he left off after serving time on drug-related charges in the United States.

"It's all kind of dreamlike. Vancouver has changed dramatically.... The legalization landscape itself has changed dramatically," he said upon his arrival at the Vancouver International Airport.

Emery was arrested by Canadian police and charged in the United States with conspiracy to distribute marijuana, conspiracy to distribute marijuana seeds and conspiracy to engage in money laundering.

He later pleaded guilty to one charge of drug distribution and was sentenced to five years in U.S. jail in September 2010. He was released on Aug. 12 as a result of good behaviour.

Emery says he's willing to be arrested again to reinforce his message of ending the prohibition on marijuana.

"I intend to hit the ground running. Oct. 19 (2015) is legalization day — everybody just has to show up for it," he said, referring to the date of the next federal election.

Emery supports the Liberal party for its stance on legalizing marijuana.

He plans to create a dedicated media campaign to raise awareness. "I'm going to point out why everyone is going to benefit from a legal environment."

One downside to his incarceration is he is banned from travelling to the U.S., which he says is "disappointing."

But he couldn't have been disappointed by the enthusiastic crowd that welcomed him home at a rally in Victory Square, with about 200 people packing the park to catch a glimpse of him.

Megan McRae and Liz Turner said they had been waiting to see Emery since they heard he was coming home.

McRae works at the B.C. Marijuana Party lounge, technically making Emery her boss, though she's never met him.

Turner first heard of Emery when she was growing up in Calgary.

"I was inspired by Marc to move out here," Turner said. Emery's activism emboldened her to do more research about the health impacts of cannabis and become involved in the legalization movement.

Speaking at the rally, Emery urged attendees to go out and vote for the federal Liberal party, mentioning and supporting his wife's possible candidacy for the Vancouver-East riding.

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'It's a shock'

Cops not releasing ID of man crushed under gate

The Abbotsford Police Department will not release the name of the man who was found crushed under a security gate inside a local restaurant early Saturday morning.

An employee of Tony's Place restaurant on the 31000 block of Peardonville Road noticed the side door was damaged when she arrived at work at 6:30 a.m. When she looked further, she found "what appeared to be an unresponsive man stuck under the gate," according to an Abbotsford police news release.

"It's a shock for everyone involved," Const. Ian MacDonald said Sunday. "I don't think anybody would be anticipating the potential outcome from this type of incident."

There were indicators the 33-year-old Lower Mainland man was attempting to break into the restaurant, MacDonald said.

"It's a rare and freakish incident and it's disproportionate. That's all you can say," he said.

The department is not releasing the man's name out of respect for his family.

"For (the restaurant), I know that they are expressing their sympathies too," MacDonald said. "Certainly, our thoughts and feelings are with his friends and family."

Although the death was most likely caused by the accordion-style gate, police expect the results from the coroner's report in a few weeks. The department is asking anyone with any information to contact them at 604-859-5225.

STEFANIA SECCIA/FOR METRO

A grand work of public art

The transformation of six industrial concrete silos on Granville Island into one of Vancouver's most impressive public artworks is underway. OSGEMEOS, the world-famous Brazilian graffiti artist twins, are spray painting their largest mural ever as part of the Vancouver Biennale art series. And they've got a deadline: the brothers are racing to finish their work before its official unveiling on Sept. 7. Keep checking Metro to see the art evolve over the next three weeks. CONTRIBUTED

Is polygamy law constitutional?

Bountiful. Question remains as charges laid against two men

The criminal case against two men from a polygamous sect in British Columbia is likely to re-examine whether the ban on multiple marriages violates the right to religious freedom, experts say, despite a court decision three years ago that declared the law constitutional.

Winston Blackmore and James Oler were each charged last week with practising polygamy in a religious commune in southeastern B.C. known as Bountiful. Blackmore is accused of 24 marriages, while Oler is accused of four.

Bountiful, whose residents follow a fundamentalist form of Mormonism that still permits polygamy, has been investigated numerous times since the early 1990s, but concerns about whether the polygamy law would withstand a constitutional challenge repeatedly scared off prosecutors.

Many of those questions appeared to be answered in 2011, when a B.C. Supreme Court judge ruled the law did not violate the Charter after hearing a constitutional reference case. He ruled the harms that polygamy poses to society outweighed the claims to religious freedom.

But the 2011 decision won't prevent Blackmore and Oler from raising Charter issues at trial, says Nicholas Bala, a law professor at Queen's University.

"That was a reference case, which means it was an advisory opinion and not necessarily binding on a trial court," said Bala.

"And it certainly wouldn't be binding on the (B.C.) Court of Appeal or the Supreme Court of Canada."

Bala, who agrees with the 2011 decision and believes the law is constitutional, said he expects the criminal case to be appealed to the Supreme Court of Canada, whatever the outcome.

None of the allegations against Oler and Blackmore have been proven in court.

Oler was also charged with unlawfully removing a child from Canada to commit the offences of sexual interference or invitation to sexual touching. Two other people were also charged with illegally removing a child from the country.

A first court appearance has been scheduled in Creston, just north of Bountiful, on Oct. 9.

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hitchBOT arrives on Vancouver Island after trip across Canada

Go-go gadget. The social media star spent three weeks hitchhiking from Halifax to Victoria

NICK WELLS
vancouver@metronews.ca

A plucky hitchhiking robot from Ontario has finished its cross-country tour, arriving in Victoria three weeks after it left Halifax.

On Saturday hitchBOT tweeted: "I'm on a boat. Well, a ferry to be exact. Victoria, I'm on my way."

According to the robot's Twitter feed, it will meet with B.C. First Nations followed by a quick trip to Seattle before a welcome ceremony at the Open Space Art Gallery on Aug. 21 in Victoria.

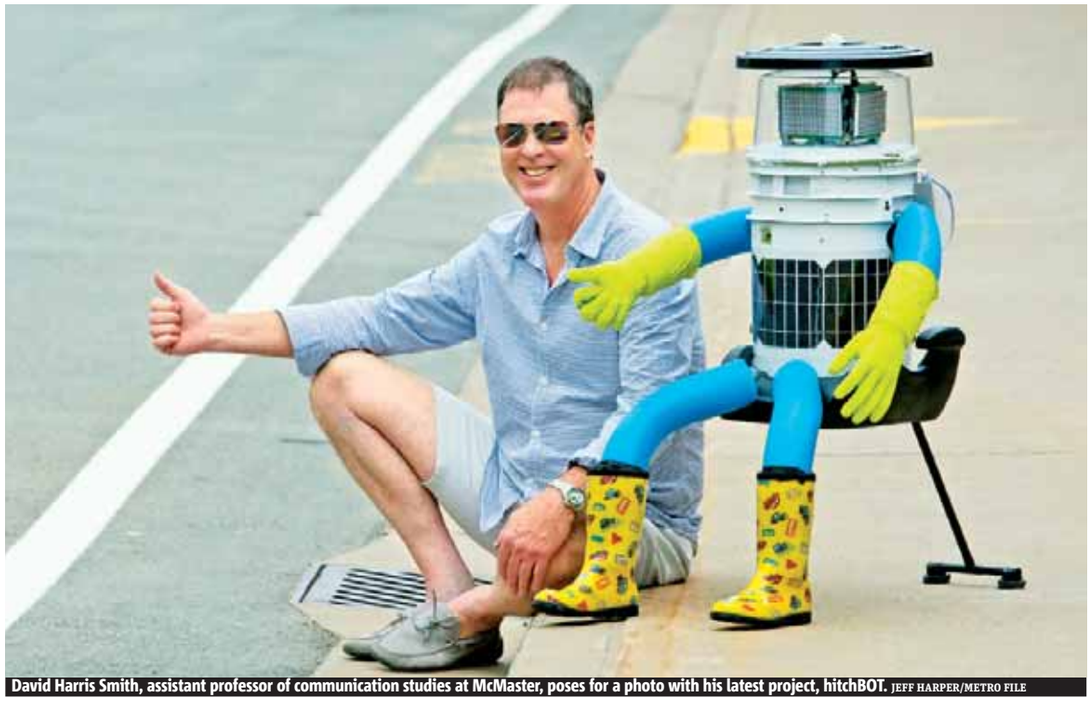
hitchBOT, who was created by Ontario communications professors Dr. David Smith and Dr. Frauke Zeller, was designed as part collaborative art project and part social robotics experiment. According to its creators, hitchBOT was built with a goal of seeing if robots can trust humans.

The robot, which is about the size of a child, was made to appear non-threatening with household items like a beer bucket for a body, Wellington boots on its feet and yellow gardening gloves for hands.

It had no problem hitching rides across the country, attending a wedding and First Nations naming ceremony. Along the way, its journey became a social media hit — hitchBOT has more than 33,000 Twitter followers, many who post photos with and of the friendly robot.

The 'bot first set its gumboot-clad foot in British Columbia on Aug. 9. Friendly drivers decided to take it along on an adventure.

It even crashed a wedding in Golden, where it hit the dance floor with the bride before it made its way to the coast.



David Harris Smith, assistant professor of communication studies at McMaster, poses for a photo with his latest project, hitchBOT. JEFF HARPER/METRO FILE

PNE off to busy start with Game of Thrones exhibit

The Fair at the PNE saw a great turnout this weekend. STEFANIA SECCIA/FOR METRO

From dancing cats to the Iron Throne, the Fair at the PNE launched this weekend with robust attendance and cooperative weather.

Although official numbers won't be known until the end of the fair on Sept. 1, so far the PNE has had "extremely strong" attendance, according to Laura Ballance, PNE spokesperson.

"Great crowds, great people," she said about the first two days of the PNE, which opened Saturday. "People really responded well to a number of the new programs, including, of course, the Game of Thrones exhibit was a great hit."

This year's fair boasts hundreds of new performances and exhibits, more than 50 rides and attractions, eco-sculptures and the 100th year of 4H.

"Really, agriculture continues to be at the heart of the fair," Ballance said.

This year, organizers are also trying a new wristband tactic to deal with long lineups. Instead of people waiting for hours in one spot, they can sign up for a specific time, get a wristband, head off to enjoy something else and come back at the designated time.

Although Game of Thrones has so far proven a hot ticket item, Ballance expects the Just for Cats: Internet Cat Video Festival exhibit to take off.

"I think that's going to be a kitschy program," she said. "It is going to be hilarious."

When the cat film festival opened at the Minnesota fair, organizers charged $10 and had more than 50,000 people come out, Ballance said. The PNE's cat videos premiered Sunday and will continue from Tuesday to the end of the festival every day at 3 and 6:15 p.m. at the Rogers Digital Venue in Celebration Plaza.

STEFANIA SECCIA/FOR METRO

Sam Sung's card nets almost $3K

When the eBay auction closed for Sam Sung's Apple store business card Friday night, the winning bid hit almost $3,000.

The former Apple employee auctioned off his framed business card, T-shirt and name tag, with all the proceeds from the sale going to the B.C. and Yukon chapters of the Children's Wish Foundation.

Despite the fake $80,000-plus bidding that plagued the Vancouver man's auction earlier last week, the final bid was $2,894.

Sam Sung. INSTAGRAM: AYESAMSUNG

"WHOOP. Thank you so so much everyone," Sung posted Friday on his Twitter account, @ayesamsung, following it up with "#grateful."

The former Apple Specialist, who worked at Vancouver's Pacific Centre store, became an Internet sensation in October 2012 when a photo of his business card was posted online during the time Samsung and Apple's lawsuit over patents spilled over into the public eye.

When one of those famous old business cards fell out of a book recently, he got the idea to auction it off for charity.

STEFANIA SECCIA/FOR METRO

Not harmful to humans

Tailings spill may harm aquatic life: B.C. government

The first test results from sediment discharged from a tailings pond show spilled mining waste in the Cariboo region is not toxic for humans but may harm aquatic life, B.C. officials said Saturday, stoking fears among First Nations communities that depend on salmon in the area.

The samples were taken Aug. 10 to assess the impact of the Mount Polley tailings pond spill, which released 10 million cubic metres of waste water and 4.5 million cubic metres of silt into Polley Lake earlier this month.

Environment Minister Mary Polak said the area is considered contaminated and Imperial Metals, the company that owns the breached pond, must show the government how it will address the situation.

THE CANADIAN PRESS

Major crimes unit

Police investigate suspicious death at Sapperton Landing

New Westminster police are investigating a suspicious death at Sapperton Landing after a man's body was discovered on the bank of the Fraser River Saturday night.

Police were alerted after a witness came across the body. The major crimes unit is currently investigating the death. NICK WELLS/FOR METRO

People defy a curfew on Sunday before tear gas was fired to disperse a crowd protesting the shooting of teenager Michael Brown on Aug. 9 in Ferguson, Mo. CHARLIE RIEDEL/THE ASSOCIATED PRESS

U.S. orders federal autopsy of Missouri teen shot by police

'Extraordinary circumstances.'
Fatal shooting of an unarmed black teen on Aug. 9 has prompted protests in Ferguson

U.S. Attorney General Eric Holder on Sunday ordered a federal medical examiner to perform another autopsy on a black Missouri teenager whose fatal shooting by a white police officer has spurred a week of rancorous and sometimes violent protests in suburban St. Louis.

The "extraordinary circumstances" surrounding the case of 18-year-old Michael Brown, and a request by Brown's family members, prompted the order, Department of Justice spokesman Brian Fallon said in a statement.

"This independent examination will take place as soon as possible," Fallon said.

The Justice Department's latest announcement followed the first night of a state-imposed curfew in Ferguson, which ended with tear gas and seven arrests after police dressed in riot gear used armoured vehicles to disperse defiant protesters.

Missouri State Highway Patrol Capt. Ron Johnson said protesters weren't the reason for the escalated police reaction early Sunday morning after the midnight curfew took effect, but rather a report of people who had broken into a restaurant and taken to the roof, and a man who flashed a handgun in the street.

Also overnight, a man was shot and critically wounded in the same area, but not by police; authorities were searching for the shooter.

The protests have been going on since Brown's death heightened racial tensions between the predominantly black community and mostly white Ferguson police department, leading to several run-ins between police and protesters and prompting Missouri's governor to put the Highway Patrol in charge of security.

THE ASSOCIATED PRESS

Fears of more infections after Ebola clinic looted

Liberian officials fear Ebola could soon spread through the capital's largest slum after residents raided a quarantine centre for suspected patients and took items including bloody sheets and mattresses.

The violence in the West Point slum occurred late Saturday and was led by residents angry that patients were brought to the holding centre from other parts of Monrovia, said Tolbert Nyenswah, assistant health minister, on Sunday.

Up to 30 patients were staying at the centre, and many of them fled at the time of the raid, said Nyenswah. Once they are located, they will be transferred to the Ebola centre at Monrovia's largest hospital, he said.

West Point residents went on a "looting spree," stealing items from the clinic that were likely infected, said a senior police official, who insisted on anonymity because he was not authorized to brief the press.

The residents took medical equipment and mattresses and sheets that had bloodstains, he said. Ebola is spread through bodily fluids including blood, vomit, feces and sweat.

A health worker, left, helps a colleague with his equipment on Saturday in Monrovia, Liberia. ABBAS DULLEH/THE ASSOCIATED PRESS

"All between the houses you could see people fleeing with items looted from the patients," the official said, adding that he now feared "the whole of West Point will be infected."

Some of the looted items were visibly stained with blood, vomit and excrement, said Richard Kieh, who lives in the area.

The incident creates a new challenge for Liberian health officials who were already struggling to contain the outbreak.

Liberian police restored order to the West Point neighbourhood Sunday. Sitting on land between the Montserrado River and the Atlantic Ocean, West Point is home to at least 50,000 people, according to a 2012 survey.

Though there had been talk of putting West Point under quarantine should Ebola break out there, Nyenswah said no such step has been taken. "West Point is not yet quarantined as is being reported," he said.

Ebola has killed 1,145 people in West Africa, including 413 in Liberia, according to the World Health Organization. Other countries across Africa are working to prevent Ebola's spread with travel restrictions, suspensions of airline flights, public health messages and quarantines. THE ASSOCIATED PRESS

Ukraine. Army troops enter rebel territory

Army troops have penetrated deep inside a rebel-controlled city in eastern Ukraine in what could prove a breakthrough development, the Ukrainian government said Sunday.

Ukraine's national security council said government forces captured a district police station in Luhansk on Saturday after bitter clashes in the Velika Vergunka neighbourhood.

Weeks of fighting have taken their toll on Luhansk, which city authorities say has reached the verge of a humanitarian catastrophe. The siege has brought ground delivery of basic provisions to a halt and cut off power and water.

The area is just across the border from where a large Russian aid convoy is poised to cross with supplies intended for Luhansk and other afflicted zones. The Red Cross, which would have responsibility for distributing the aid, said the main holdup was a lack of security guarantees from all sides.

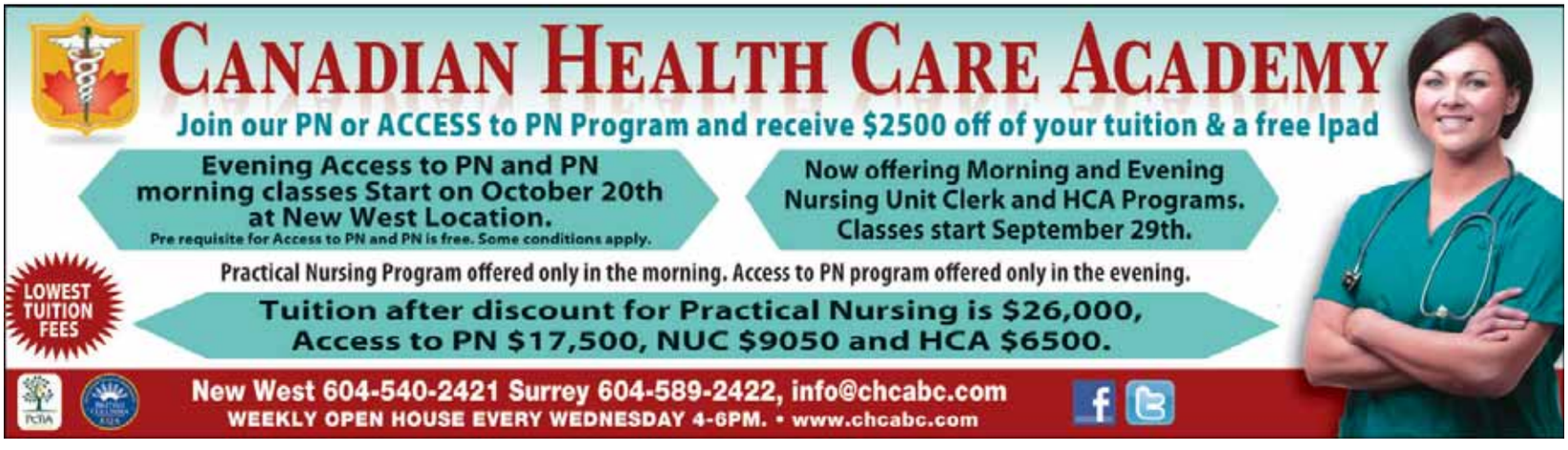
A large X-ray machine was brought to the Russian crossing point, and Paul Picard, the head of a border-monitoring mission from the Organization for Security and Co-operation, said it would be used to inspect cargo.

THE ASSOCIATED PRESS

Aid convoy

Part of the aid convoy headed to the frontier crossing on Sunday, but then stopped.

- The convoy of nearly 270 vehicles has been marooned for days in a town near the border amid objections from Ukraine, which initially complained that the mission was not authorized by the International Committee for the Red Cross.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Settlement nears for N.S. orphans claiming abuse

Class action. Former residents of a Nova Scotia orphanage closer to receiving their shares of $29M settlement

Fifteen years after going public with his story of child abuse, Tony Smith says he can't believe the day has come when a multimillion-dollar settlement involving a Halifax-area orphanage stands on the verge of being finalized.

The opt-out deadline for the $29-million class-action settlement is Monday, a day the self-described survivor of the Nova Scotia Home for Colored Children says is a dream come true.

"It's like a burden had been lifted off of my back," said Smith, who went public with his story in 1998. "I never thought it would happen."

Former residents of the home allege they suffered physical, psychological and sexual abuse mostly at the hands of caregivers while living in the orphanage, which operated for nearly 70 years.

Deadline

- Should the deadline pass, former residents will be entitled to $29 million.
- If the settlement passes its last hurdle, disbursements from the $29 million will start flowing to former residents. About 250 have identified themselves.

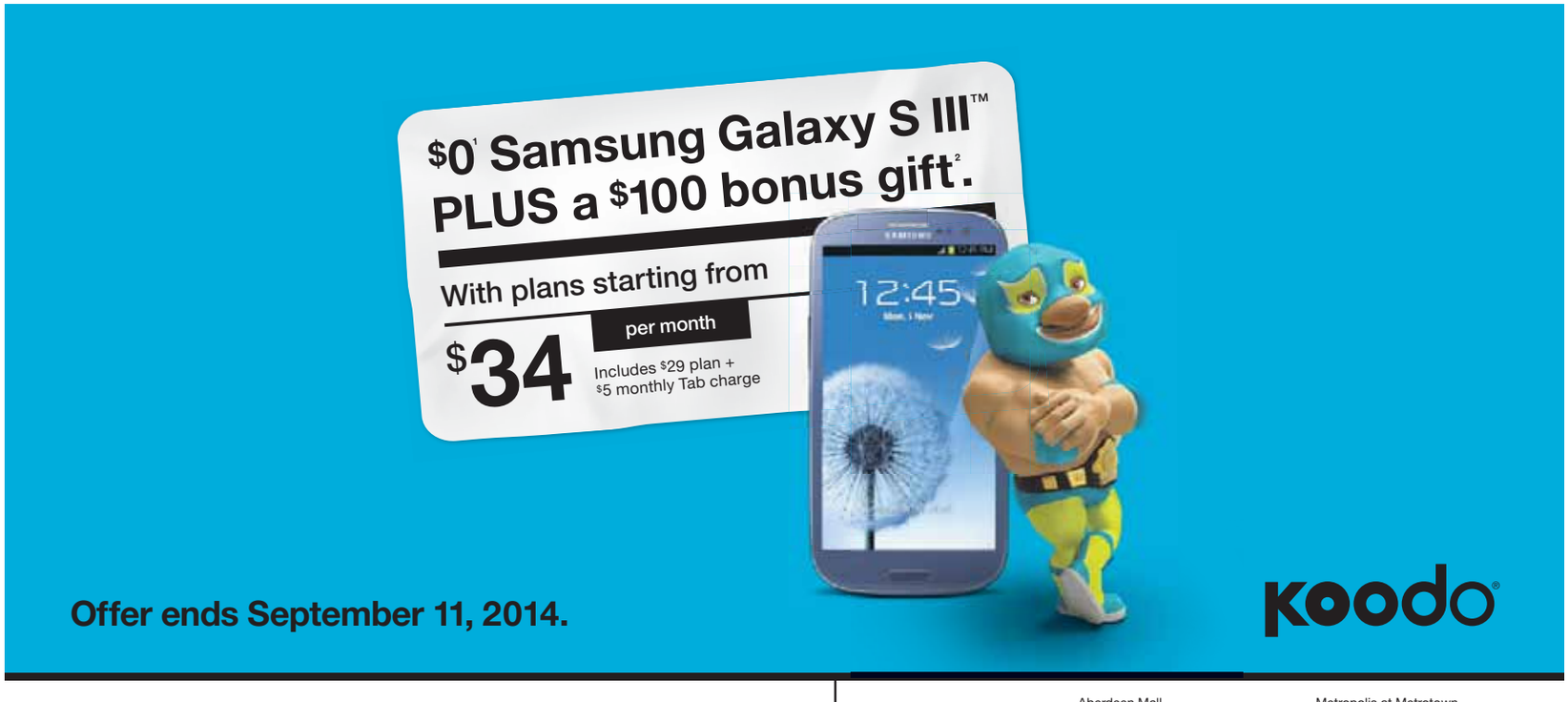
If five or more former residents withdraw from the settlement by Monday, the terms of the agreement would allow the provincial government to pull out of the deal. As of Friday, the law firm representing the claimants and the province said they had received no submissions opting out of the deal.

None of the allegations of abuse were ever tested in court, and under the terms of the settlement the province does not admit liability.

Lawyer Ray Wagner described the case as transformative, both for a province coming to terms with a history of systemic racism and for the former orphans. If too few opt out, the $29-million settlement will be added to the $5-million deal reached with the orphanage in 2013. THE CANADIAN PRESS

Trudeau's Ottawa home broken into

Liberal Leader Justin Trudeau, seen here surrounded by family and supporters at the B.C. Day Liberal barbecue in Vancouver on Aug. 4, received a scare Saturday morning while away working in Winnipeg. As his wife, Sophie, and their chidlren slept, their Ottawa residence was broken into. Nothing was taken or damaged, nor was anyone hurt. However, a threatening note reportedly was left on the premises. DARRYL DYCK/THE CANADIAN PRESS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Making the right investment choices for your workplace pension early could mean caviar instead of cat food during retirement. GETTY IMAGES

Does your pension plan work for you?

HOW TO ROLL
Alison Griffiths
metronews.ca

Few Canadians know what's going on in their personal RRSPs, let alone the ins and outs of their workplace plans. In fact, the 2012 BMO Wealth Institute report on workplace pensions found that 51 per cent of Canadians had no idea what kind of features they wanted in a pension plan.

It's time to wise up! At the very least, you should know what kind of pension you have. Here are the four predominant workplace plans:

1. Defined Benefit Plan
A shrinking number of lucky Canadians have a DBP. From 1991, the percentage of Canadian workers covered by DBPs has dropped from 41 per cent to roughly 30 per cent today.

DBPs pay a guaranteed retirement income based on earnings and years of service. However, they are not without risk, as the employees of Nortel Networks and Eaton's know all too well.

2. Defined Contribution Plan
These plans combine contributions from the employee and the employer. While only 17 per cent of workplace pensions are DCPs, the number has doubled in the last 20 years and is expected to triple in the next 10 to make them the dominant type of workplace pension.

With DCPs, employers aren't responsible for the payout. Instead, the quality of the investments and the management will dictate returns.

3. Group RRSP
These are actually savings vehicles just the same as individual RRSPs. One advantage is that the money is accessible before or after retirement. Of course, income tax may be levied on the withdrawals. DC plans, on the other hand, are completely or partially inaccessible until retirement.

4. Pooled Registered Pension Plan
Created in 2012, these are employer-sponsored, but contributions by your boss aren't mandatory. PRPPs are also available to the self-employed who have always been shut out of workplace pension plans. Once an employer offers a PRPP, employees are automatically registered with the option to opt out within 60 days.

Remember, all plans, except DBPs, require your participation. Making appropriate investment choices at the start can mean the difference between cat food and caviar during retirement.

Just the stats

Would Canadians change jobs for a better pension?

- **9%** Very likely
- **28%** Somewhat likely
- **40%** Not very likely
- **23%** Not at all likely

SOURCE: BMO WEALTH INSTITUTE

Mountain resort

Whistler Blackcomb posts Q3 increases in revenue, visits

The Chateau Whistler lies in the background during Red Bull Joyride action at Crankworx in Whistler, B.C., Saturday. JONATHAN HAYWARD/THE CANADIAN PRESS

Whistler Blackcomb Holdings Inc. narrowed its third-quarter loss to $10.2 million and increased its revenues, noting the recent ski season had challenging conditions.

The ski resort company had a loss of 15 cents per diluted share, down from a loss of $12.2 million, or a loss of 19 cents, in the same quarter last year.

Revenue was up 16 per cent to $34.5 million. Revenue per visit was $87.81, up 3.1 per cent.

Whistler Blackcomb Holdings says total visits in the quarter were 393,000, up 13 per cent year-over-year. The increase in visits for the three months ended June 30, 2014, was mainly due to the timing of the Easter holiday.

Whistler Blackcomb is the largest four-season mountain resort in North America. THE CANADIAN PRESS

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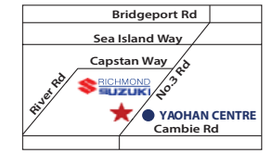

GARDEN-GEDDON JUST WRONG

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Some things are just wrong. Even when they're right.

Take the assault on the gardens, for example.

As you know by now, CP Rail, for reasons known only to its corporate self, has started to bulldoze the community gardens running along its long-dormant Arbutus Corridor rail line through the West Side.

On the one hand, CP Rail has every legal right to engage in garden-geddon. It's CP land. If it wants to run freight trains over the rubble of the Montessori School kiddies' garden, so be it.

The railway has been willing to sell the land to the city of Vancouver for 100 million bucks, which is probably a tiny portion of what it's really worth. The city, which — somewhat irresponsibly — has organized and encouraged the growing of gardens on the railroad's private property, has offered $20 million, which is to laugh.

With negotiations at a standstill, CP has decided, after more than 14 years of leaving the track dormant, it's time to bring back the trains — and the gardens gotta go.

The railway gave everyone fair warning. Maybe no one believed CP would be so callous as to flatten their bounty, but ha, ha, CP fooled them.

So if you believe in private property rights, it's hard to fault CP Rail. Unless you're a human being. Really. You can just imagine what went on back at HQ when some corporate shark decided to blow away the Montessori garden (and dozens of others) just at the peak of harvest, when the little sprats were about to enjoy the veggies of their labour.

Cut to visions of CP communications team members down on their knees, wailing and tugging on the CEO's monogrammed cuff, beseeching him to wait until November, when all the world is bare and ugly and the little children are safely indoors, to bulldoze their dreams.

But no. And with a single callous act, more than a century of carefully crafted corporate social goodwill has been swept away like a row of peas.

And it doesn't just affect CP's brand image, but every shareholder across this fair nation has to share the hit.

The illusion's over. Gordon Gekko was right. Greed is not only good, it trumps The Secret Garden and other foolish childhood dreams.

There are those who will wag their digits sternly and lecture the foolish children about trespassing on CP land with their pumpkin patches and sweet peas, but an ounce of compassion goes a long way in this hideously cruel world.

After 14 years, all CP needed to do was give an ounce and wait at least until the harvest was over. The garden gnomes could pack up their stakes and bid a tearful farewell.

But that would have been nice. And where's the profit in that?

Whatever floats is your boat

Kevin Kennedy, foreground, competes in the Anything That Floats Race in Key Largo, Fla., over the weekend. Named Freedom of the Seas, Kennedy's entry was created from a blue plastic barrel and foam blocks for stability. The offbeat event in the Florida Keys challenged entrants to race in whatever they could find or build that provided buoyancy. ALL PHOTOS BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Buoy oh buoy! Florida hosts annual water-thingy race

Hundreds of spectators cheered as amateur boat builders paddled and sculled their self-made racing crafts to the finish line during this weekend's annual Anything That Floats regatta race in the Florida Keys.

Teammates from Florida, Virginia, Nevada, Michigan, Ohio, Illinois and Pennsylvania brought self-propelled watercraft they built using common yet unsinkable household items.

An eight-person team crafted its entry, Flight From Hell, out of metal military cargo cases lashed together with web straps and rope. It won the award for the Best Unlimited Boat.

Mary Walker and Matt Hetman created Wilson's Revenge as a tribute to the Tom Hanks movie Castaway. Among the materials used: FedEx boxes, a palm tree and a volleyball. FLORIDA KEYS NEWS BUREAU/CBSLOCAL.COM

That's way too much pop

The Coke Float.

- Garnering Most Creative was Coke Float, crafted by George and Kristyn Silver, who used Saran Wrap to enclose 99 two-litre plastic soft-drink bottles in the shape of a boat.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 9 in Scene

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metro AR

MetroTube

Case of the Mondays? Seal pup on Sea-Doo may or may not help

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it's Monday, and odds are good that you're not where you'd prefer to be right now. But that's no reason to start the week on a negative note. Here's video of a friendly seal pup cruising up to say hello to a couple on a Sea-Doo. Yeah, yeah, being part of a couple on a Sea-Doo might be exactly where you want to be right now and, if that's the case, we apologize for bringing that up. But, come on, look at how cute that damned thing is. (Michael Borthwick/YouTube)

THE ASSOCIATED PRESS FILE

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Ebooks

Riddle of the Black Cat

By. J.W. Rinzler

iBooks/Kindle

MIND THE APP
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Edgar Allen Poe's famous detective, Auguste Dupin, takes on the insanity defence in this animated retelling of one of Poe's darkest tales. Stellar voice acting and imaginatively possessed illustrations offer wonderfully grisly hysterics. Rinzler's take is a creative one and the added analysis is insightful, yet still it can't match the original short story's powerful spell. Thankfully that's included, too.

Box office

Fans still shelling out for TMNT

Teenage Mutant Ninja Turtles came out on top this weekend, while Sylvester Stallone's The Expendables 3 was easily out-gunned in its debut. The turtles took in $28.4 million in its second weekend. That surpassed the fourth place $16.2 million earned by The Expendables 3. The Guardians of the Galaxy came in second with $24.7 million. Let's Be Cops took third spot. THE ASSOCIATED PRESS

Bringing Diana Gabaldon's Outlander world to life

Long time coming. Writer always worried about her work getting screen treatment, until she met the producer of Battlestar Galactica

RICHARD CROUSE
scene@metronews.ca

Caitriona Balfe and Sam Heughan star in the TV adaptation of Outlander, premiering Aug. 24 on Showcase. CONTRIBUTED

Diana Gabaldon is notoriously protective of her work. Her website asks amateur writers to refrain from producing any fan fiction based on her characters and it has taken decades for her to OK a screen adaptation of her best known novels, the eight-part Outlander series.

The former academic-turned-bestselling-author writes thick books that Entertainment Weekly describes as containing a "time-hopping, continent-spanning salmagundi of genres."

Since the publication of the first Outlander book in 1991, rumours of a film franchise have flitted about, with big names like Liam Neeson and Sean Connery attached. The mix of romance, time travel and adventure sounds tailor-made for the screen, but Gabaldon wanted to make sure the story was told properly.

"Outlander is a very big story," she says. "The very intricate plot fits together like the pieces of a watch. You start pulling things out and the whole thing isn't going to work. Consequently a two-hour movie cannot be made and reflect the integrity of the work."

Enter Battlestar Galactica producer Ronald D. Moore who says he "read the book and was quite taken by it. It's a page-turner in the truest sense of the word. I really liked the central character of Claire because she was intelligent and strong; very capable and interesting."

He saw Outlander not as a movie, but a television series.

"There were surprises along the way, reversals of fortune I didn't see coming," he says, "which I thought would be really great for a television series. I got it. We'd do one season a book and there's seven more books in the series."

His take on the material won Gabaldon over. "I told Ron when I saw the pilot script, 'This is the first thing I've seen based on my work that didn't either make me turn white or burst into flame.'"

The show, which premieres Aug. 24 on Showcase, stars Irish model/actress Caitriona Balfe as Claire Randall, a married Second World War combat nurse mysteriously transported back in time to 18th-century Scotland.

"We're trying to keep the show grounded throughout," says Moore. "You want to really believe that both those places exist. I'm a strong believer in the idea that if you're going to take the audience on a fantastical journey, the more believable you make it, the better. That way the audience will go with you when something crazy, like time travel, happens."

Gabaldon gives the show her stamp of approval, saying, "I feel very fortunate to be able to share with them in this production."

AUGMENTED REALITY

→ Want to watch a trailer for the upcoming television series Outlander? Scan this photo with your Metro News app.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

J-Law looks across the pond and finds Chris Martin

NED EHRBAR
Metro in Hollywood

This was certainly … unexpected. America's Jennifer Lawrence is reportedly dating Coldplay frontman Chris Martin, according to E! News. They've apparently been spending time together since June. After the whole Zac Efron and Michelle Rodriguez thing, it's official: The gossip gods must be crazy. It's like someone at a tabloid office has just been throwing photos of celebrities up in the air and seeing which ones land next to each other. J-Law, baby, darling, listen: I know you recently re-broke up with Nicholas Hoult and all, but if your only parameters for a boyfriend are tall, British and famous, I could've offered you plenty of other options. Like, I don't know, Peter Mayhew? You know, the guy who plays Chewbacca? I hear he's a very generous lover.

Andrew Keegan

Andrew Keegan: From teen star to California cult leader?

Actor Andrew Keegan — remember 10 Things I Hate About You? — has a new gig as the leader of a spiritual movement called Full Circle that's totally not a cult. Vice sent a reporter to check out the new religion, based in Venice Beach, Calif.

Apparently, Keegan started the religion after he was attacked by gang members in 2011. "The significance of this occurrence is that it happened at the same time the tsunami hit Japan," Keegan says.

As for whether this makes Keegan a cult leader?

Vice's reporter writes, "(A church member that goes by) Third Eye explained that he was part of the 'inner circle,' composed of eight core members, all of whom are led by the founder Andrew Keegan.

All the members are 'enlightened' and have come together to initiate change. While they are co-operative, Keegan is the official leader who has, as Third Eye put it, the 'ultimate say on all things.'"

The drama just won't quit for Bey and Jay

Beyoncé and Jay-Z just can't catch a break. Amid the swirling rumours about trouble in their marriage, a homeless woman, Tina Seals, has filed a lawsuit asking for financial compensation because she claims to be the biological mother of their daughter, Blue Ivy, according to Radar Online. The bizarre handwritten filing states, "Through mutual associates Plaintiff (myself) provided DNA egg for Beyoncé and Jay Z and look to work out some type of (sic) contractual agreement with Defendants that: a:) Would compensate me for my services with reference to Blue Ivy Doe. B) Would remove any criminal liability associated with the unlawful use of my DNA for the parties involved. C) Would terminate Plaintiff Parental Rights immediately and extend full parental rights to Defendants w/o Plaintiff support." Seals has filed similar suits against Kanye West and Janet Jackson, so take that for what it's worth. She is requesting DNA testing on Blue Ivy and "mandated mediation pending test results" because "I desire to preserve this relationship as these are great people."

Beyoncé and Jay-Z.

ALL PHOTOS: GETTY IMAGES

Can't find cash for your RRSP? You need to look a bit harder

Fast fixes. Nine tips on how to reduce spending and boost your long-term savings

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Brewing your own coffee each morning, and switching to tea in the afternoon, can save you hundreds. ISTOCK

The biggest challenge for new savers is balancing saving with all the other stuff competing for your attention. How are you ever going to find extra money for retirement savings?

Perhaps you're just not looking in the right place.

1. Cook at home. It's so easy to pick up the phone or run through the drive-thru at the end of a killer day. But eating out costs about 10 times as much as cooking at home. This weekend, do some meal planning and cook a couple of big-pot meals like chili, stew, soup, or spaghetti sauce. Freeze a few servings for those busy nights when you're exhausted and just don't want to cook.

2. Make your own coffee. The coffee habit can be deadly. In no time at all, we're drinking two or three cups a day and dropping $1,500 a year. Brew your coffee at home for the drive in and switch to tea later in the day. Tea is easier to make at work.

3. Get a better phone plan. If you're using your cellphone all the time, and paying a whopping bill, you're a dope. You don't have to give up your cell, just cut your bill in half.

4. Increase deductibles. Would you really make a claim on your car insurance for under $1,000? Combine your home and auto insurance and save up to 15 per cent. Raise your insurance deductible to $1,000 and watch your premium drop.

5. Save money on your mortgage interest. It's as easy as choosing to make accelerated weekly or bi-weekly payments on your mortgage. When you do, you make the equivalent of one extra payment every year, which could save you four year's worth of interest.

6. Grab the Canada Education Savings Grant. When you invest in a Registered Education Savings Plan, the government gives you money to help with your child's education. If you put $2,500 in the plan, the feds will add $500. That's an immediate 20-per-cent return.

7. Contribute to an RRSP and use your refund to pay down your mortgage. If you're in the 30-per-cent tax bracket and you make a $3,000 contribution to an RRSP, the taxman will refund you $900, which you can use to pay down your mortgage. This is one of the smartest strategies to achieve two goals with one pool of cash.

8. Defer, extend, eliminate and save. Defer some of the things you spend on, like those twice-a-year trips to enjoy some sunshine. Extend the time between routine things such as getting your hair coloured or cut. Cut back on your lawn maintenance and home-cleaning service to once every two weeks. Eliminate frivolities: borrow books, magazines and DVDs at the library, eliminate cable and shop in the thrift stores.

9. Practise living as if you're already retired. The closer you get to boarding the retirement train, the more prepared you need to be. What better way to see how the retirement shoe fits than to try it on. Use the money you save to boost your tax-free savings account, RRSP or emergency fund.

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Money 101. Two couples, one year to make them richer

Continuing to slay the debt monster

Since January, I have coached two Canadian couples toward drastic financial improvement. To date, each couple has raised their net worth by more than $25,000. Now, as we close in on the final months of their 2014 money makeovers, these Metro Money Couples are celebrating their progress while learning techniques to crush their debts. – *Lesley-Anne Scorgie*

To celebrate their financial progress, Anne-Marie and Peter are planning a trip to Ireland. SHUTTERSTOCK

As a way to continue to grow their income, Carolina plans to teach piano lessons. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter cracked $100,000 in net worth this month thanks to strong investment performance and significant payments towards debt.

To celebrate their incredible financial progress, Anne-Marie and Peter have booked a trip that was on sale to Ireland and used their WestJet dollars, which cost $1,100 for themselves and their baby. In true frugal fashion, they plan to stay for free with friends and maintain a strict travel budget while on holidays later this year.

Thanks to Anne-Marie's larger-than-expected employer "top-up" for her parental leave, the couple's celebratory trip does not derail their plans to be nearly debt-free by the year's end. They are on track to owing $3,500 by December, which is a $12,000 difference from the beginning of 2014.

In the middle of July, Anne-Marie and Peter established a registered education savings plan (RESP) for their little girl and have begun contributing $50 per month into a low-fee, growth-oriented mutual fund. This investment strategy will take advantage of the long-term potential for growth in the large-cap Canadian equity market.

The couple also evaluated their existing investment holdings, taking into consideration account fees, risk tolerance and investment time frame. They made the decision to approach their RRSP investments with the same strategy as their daughter's RESP account.

I also circled back with Anne-Marie and Peter on their goal of saving for a down payment. Though the couple is still committed to owning a home, steep real estate prices in Toronto make home ownership a longer term endeavour.

There are two ways they could expedite saving for their down payment. The first is for Peter to secure a large freelance contract or a significant raise through his work while Anne-Marie is on maternity leave. The second would be to borrow, or receive as a gift, money from a relative. Giving an early inheritance is popular as older family members wish to help out younger family members, effectively putting their money to use while they are still alive.

Homework:
In the coming month, Anne-Marie and Peter will meet with a licensed life insurance broker and investment adviser to review their down payment options.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: $103,000
- Homework from last month: Set up their daughter's RESP and change their investment holdings

Carolina and Jose

New homeowners Carolina and Jose spent last month working through their post-move budget using their favourite online budgeting template. They have had specific revisions to the following expense categories:

• Monthly rent has become a mortgage payment;
• Property taxes, home insurance and condominium fees have been added, and;
• They have increased their savings account contributions.

Carolina and Jose have calculated that once their monthly expenses are paid, they will have approximately $350 left.

Given that the couple is earning more than they are spending for the first time in their marriage, I recommended they follow the two-third, one-third rule. With their budget surplus, they would apply two-thirds towards debt and one-third toward savings for small home repairs and improvements.

Though the couple still qualifies for repayment assistance from Canada Student Loans, effectively offering them temporary relief from having to make payments, they have decided to take the bull by the horns and tackle the outstanding balance head-on by starting to pay $200 per month. The simple act of taking control of their debt repayment plan has helped Carolina feel less overwhelmed about the size of their outstanding debt, which is $20,900.

The couple continues to work towards growing their income, and Carolina has turned to her sewing and piano to make money. She plans to prepare crafts that can be sold as the winter holidays approach while beginning to teach piano lessons. Both business endeavours allow her to stay at home with their children.

Jose has taken on greater responsibilities at work and plans to ask for an additional raise in his upcoming performance review. Jose will also negotiate compensation for past freelance work.

With the money the couple expect to earn from their extra income, they will again follow the two-third, one-third rule, but rather than simply allocate one-third into their savings account, they will begin contributing to RRSPs.

Homework:
Carolina and Jose will establish RRSP accounts and review market salary levels for Jose's profession. Jose will also negotiate compensation for past freelance work.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are very frugal, and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: – $5,600
- Homework from last month: Create a list of home improvements and a revised budget

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A slow start to your success story?

Beat the entry-level blues. What to do when those first sparks of workplace passion dull to a flicker

LAKSHMI GANDHI
Metro World News

Don't forget when you're feeling stalled at work that the first few years are frustrating for us all. GETTY IMAGES

Television and movies may be littered with 20-something characters who seem directionless when it comes to their careers, but author Mary Traina says she finds the opposite is true of young professionals today.

"Millennials are very hard workers and very idealistic," says Traina, a blogger for HelloGiggles and author of the new book The 20-Something Guide to Getting it Together.

But, she adds, "I think a lot of early 20-somethings hit a rut (when it comes to figuring out their career paths) and I think part of it is not knowing what you want." Traina says young professionals feeling stuck in entry-level jobs should pay attention to these tips to get their careers on track.

No one is going to pluck you out of obscurity

When Traina first began working at a television production company in her early 20s, she spent almost all of her time at the office, working over 12 hours most days.

"I was working really hard," she recalls, "and I thought someone would basically say, 'We should reward this girl for just being there.'" Most workplaces don't actually work that way.

You have the right to advocate for yourself

Traina finds that many entry-level employees are hesitant to speak up about their ambitions or future plans because they are worried about rubbing people the wrong way or wasting their time.

"Take a little bit more control," she says. "I don't think 20-somethings should ever feel like they are annoying someone by asking for advice."

Picture your next step

"It's important to think to yourself, 'What are the next options for me?'" Traina says. She advises asking yourself if you'd want the job your direct supervisor has, and why or why not.

Some detective work may be required. Traina advises talking to friends and acquaintances about their jobs and taking classes and workshops to discover the answer.

Remember, your first job won't be your dream job

"You aren't going to be happy for the first couple of years in your career," Traina reminds readers. Most entry-level jobs are administrative. Acknowledge that this is the reality for most careers, and adjust your expectations accordingly.

Volunteer to do tasks for higher-ups to get noticed

"It was face time with important people at the company," says Traina of why she would take on these tasks. "You are there as a sponge. While you are cleaning that filing cabinet, you are seeing the inner workings of the company." Increasing your visibility at work and diversifying your skills is key.

Don't wallow in misery

- It can be easy to constantly vent to friends and family about work frustrations. "But the more you complain, the more you want to complain," says author Mary Traina. She suggests using your downtime — which is precious — to really unplug from work and to enjoy spending time with those you care about.

Put pen to paper or take a school pause

Should I stay or should I go now? Two professionals reflect on the differing decisions they made after high school graduation

ETHAN ROTBERG
life@metronews.ca

As soon as you throw your high school graduation cap in the air, you're left with two choices: continue your studies at a post-secondary institution, or take some time off to work or travel before deciding what comes next in your life.

Metro spoke with two professionals who followed opposite roads after high school, each one leading to both strife and success along the way.

Straight to school

Sarrah Young went directly from high school to a double-major degree program at Trent in psychology and criminology. She currently works as an office manager/executive assistant to the CEO in a non-profit setting.

Sarrah Young. CONTRIBUTED

Why did you choose the path you took?
I had no idea what I wanted to do. I thought going straight into post-secondary school would help me figure it out.

What were the challenges or advantages?
Part of my personal challenge stemmed from being so young. The jump from high school to university is huge and I was not ready for the steep learning curve. I don't think that I was mature enough to handle the pressure of looking after myself, getting to class, and maintaining my grades. It's a lot of pressure at that age.

But going straight to post-secondary forced me to grow up and to take responsibility for the decisions I made. If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better. That provided a sharp kick in the butt that I needed and shaped the work ethic I have today.

Break before books

Andrew James spent several years after high school working odd jobs before settling into the television broadcasting program at Seneca College at the age of 25. He currently works as a media specialist for a small marketing company based in Toronto.

Andrew James. CONTRIBUTED

Why did you choose the path you took?
I grew up in a very rural area and I decided that I would rather move to the big city of Toronto. Of course moving to Toronto meant having to find a job. This, combined with the fact that I couldn't imagine myself doing any particular job for more than a couple years, meant I just didn't feel ready to take the leap into post-secondary education at that time.

What were the challenges or advantages?
The main challenge of waiting until I was almost 25 before I started my post-secondary education was family pressure to enrol — certain members of my family came from traditional backgrounds that placed a massive value on going to college or university. Dealing with the idea that I was disappointing them was difficult.

On the other hand, college was the best experience of my life to date. Most of the others in my program were closer to my age than I had expected.

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Dress up salmon with a pistachio-topped apricot and ginger glaze

Salmon with Apricot Ginger Glaze. You can bake or barbecue this healthy dish

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Salmon is always a great entrée any time of year.

It's recommended that we eat two servings of fish per week. Salmon is loaded with heart-healthy, brain-boosting omega-3 fatty acids.

For the best flavoured salmon, I enjoy Atlantic, but if you're concerned about toxins in our fish supply, you are best to purchase organic or wild salmon.

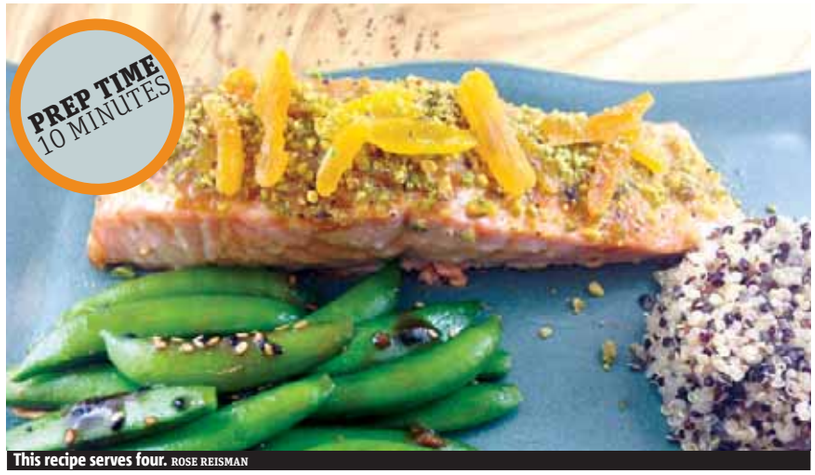
Wild salmon spends most of its life in the open ocean and has very low levels of pollutants and toxins.

You can either bake or barbecue your fish.

The rule of thumb for all fish is to measure at the thickest part and cook 10 minutes per inch at 425 F. You will also know when the fish flakes easily with a fork and is no longer opaque. Salmon is always tastiest when slightly undercooked rather than overcooked.

Feel free to substitute peach jam for apricot if you'd like.

I purchase my dried fruit and nuts from a bulk store and keep them in the freezer so they will keep for months. This way you always have them on hand.



This recipe serves four. ROSE REISMAN

Ingredients

- 4 salmon fillet (6 oz each)
- 2 tsp Dijon mustard

Apricot Glaze

- 1/2 cup apricot jam
- 1 tsp sesame oil
- 1 tsp soy sauce
- 1/2 tsp chopped garlic
- 1/2 tsp chopped fresh ginger
- 1/2 tsp hot sauce
- 1/4 cup finely chopped pistachios

Garnish

- 1/3 cup thinly sliced dried apricots

Directions

1. Spread mustard over top of salmon fillets.

2. Combine all ingredients for glaze. Brush half over salmon and sprinkle with chopped pistachios. Bake salmon at 425 F for 10 minutes per inch, about 10 to 15 minutes.

3. Spread apricots over top of the fillets. Serve with remaining glaze.

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Totem Mall

LANGLEY
Willowbrook Corner
Willowbrook Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
Queensborough Landing

PITT MEADOWS
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Richmond Centre
Richmond Centre II

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Nordel Crossing
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Pacific Centre
Park Royal S.

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KAMLOOPS
Aberdeen Mall
Lansdowne Village

KELOWNA
Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

VERNON
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B.C. Lions' quarterback Kevin Glenn tries to fend off a tackle by Toronto Argonauts linebacker Nick Rosamonda in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

Lions sink Argos for milestone win

B.C.'s 500th victory.
Over 18,000 witness Toronto's 17th loss in 19 games against Lions

Kevin Glenn's 53-yard TD strike to Emmanuel Arceneaux with under seven minutes remaining led the B.C. Lions to a 33-17 milestone win over the Toronto Argonauts on Sunday night.

Arceneaux broke two tackles en route to the end zone at 8:33 of the fourth quarter to anchor the Lions' 500th all-time victory. B.C. (5-3) outscored Toronto (3-5) 20-7 in the fourth to register its third straight win.

"Manny was behind the linebackers underneath the free safety and I put it in a spot where only he could get it," said Lions' quarterback Glenn. "(Argos linebacker Shane) Horton kind of stuck his hand out at the last minute and it was just over his hand, which was a perfect pass, I guess, and Manny actually caught it."

Ronnie Yell's 31-yard interception for the TD with 1:56 remaining cemented B.C.'s 17th win in its last 19 meetings with Toronto, to the dismay of an announced season-high Rogers Centre gathering of 18,283. That boosted the Argos' average attendance to 17,562 through four home dates.

Toronto was playing its second game in five nights, after downing Winnipeg 38-21 at Rogers Centre on Tuesday.

The Lions did precious little offensively after going ahead 10-0 in the first and Ricky Ray made them pay, his 18-yard TD strike to Terrell Sinkfield just 16 seconds into the fourth putting the Argos ahead 17-13.

B.C. quarterback Travis Lulay also saw his first action of the season, appearing in three series. Lulay spent the first six weeks of 2014 on the injured list following off-season shoulder surgery. THE CANADIAN PRESS

At Rogers Centre

Lions	Argos
33	17

Tennis doubles

Pospisil-Sock fall in the final

The doubles win streak of Canadian Vasek Pospisil and Jack Sock came to an end on Sunday as the pair lost 6-3, 6-2 to Bob and Mike Bryan in the Western & Southern Open final.

They are pointing their sights now on qualifying for the eight-team season finals in London next November.

THE CANADIAN PRESS

MLB

Mariners take Tigers for a stroll

Chris Young pitched six shutout innings and the Seattle Mariners beat Detroit 8-1 Sunday, winning the weekend series and moving back ahead of the Tigers in the race for the second AL wild-card spot.

Seattle manager Lloyd McClendon was ejected for the second straight game.

THE ASSOCIATED PRESS

MLB

Gillaspie's slam clips Jays' wings

Conor Gillaspie hit his first grand slam and Jordan Danks added a two-run shot to cap a six-run first inning, and the Chicago White Sox held on to beat the Toronto Blue Jays 7-5 on Sunday.

Toronto's Edwin Encarnacion hit a two-run homer, his 27th this season and first since returning from the disabled list on Friday. The Blue Jays have lost five of six and 11 of 15 to fall 7-1/2 games behind Baltimore in the AL East and four behind Seattle in the AL wild card race.

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metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The Sun in Leo gives you a head start over rivals and you must use it to pull ahead of them. Think about ways you can improve on your current position.

♉ Taurus
April 21 - May 21
Splash out and buy yourself something that makes you feel good. You may regret it later when your credit card bill is due but you need something to cheer you up right now.

♊ Gemini
May 22 - June 21
Venus urges you to let that special someone know they are the best thing that ever happened to you. Speak up now; the romantic glow will last until the end of the year.

♋ Cancer
June 22 - July 23
Get routine matters out of the way early, because the second half of the day will bring some lovely surprises. If an invitation arrives, you must take it — it could change your life.

♌ Leo
July 24 - Aug. 23
Venus links with Jupiter, planet of good fortune making it easy to attract the things you need. One thing matters above all others, so make it your priority.

♍ Virgo
Aug. 24 - Sept. 23
Get together with people whose outlook on life inspires you and soon your problems will no longer exist.

♎ Libra
Sept. 24 - Oct. 23
Try not to see conspiracies where none exist. People are not talking behind your back — and if they are it's because they are planning a surprise treat for you.

♏ Scorpio
Oct. 24 - Nov. 22
Someone you love is in need of a confidence booster. Use your sharp wit to bring back the smile to their face. They won't be feeling under the weather for long.

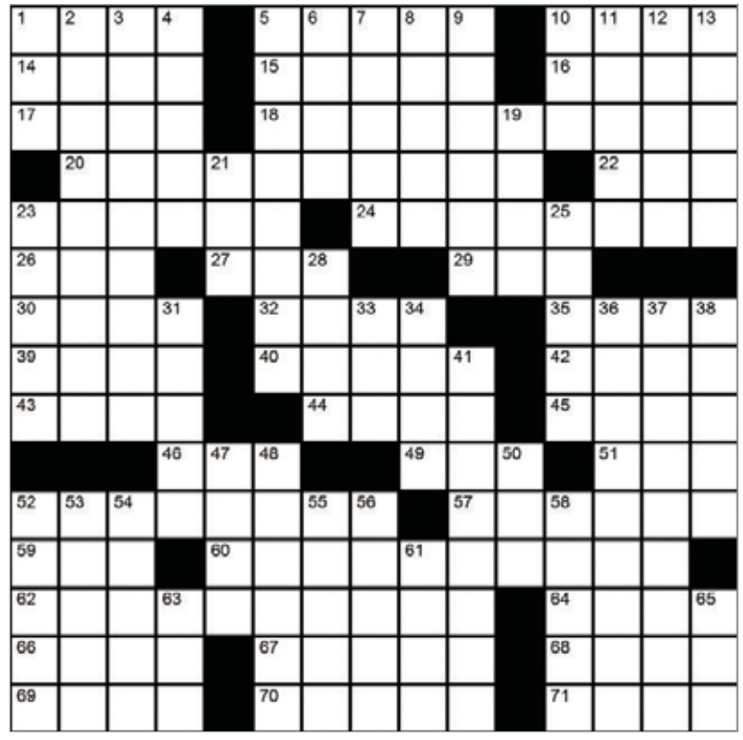
♐ Sagittarius
Nov. 23 - Dec. 21
Create something out of the ordinary today by focusing your mind in a single direction. Extraordinary, even outrageous, things will start to occur soon.

♑ Capricorn
Dec. 22 - Jan. 20
Friendships and finances are well-starred today, so arrange a trip of some kind — maybe a shopping expedition — with your best friend.

♒ Aquarius
Jan. 21 - Feb. 19
Don't worry if a relationship seems to be on the slide because you will get the opportunity to bring it up to scratch again.

♓ Pisces
Feb. 20 - March 20
You must be totally honest today, even if what you have to say is not what people want to hear. Worry about how guilty you will feel if you keep quiet and it all goes wrong.

Crossword: Canada Across and Down by Kelly Ann Buchanan



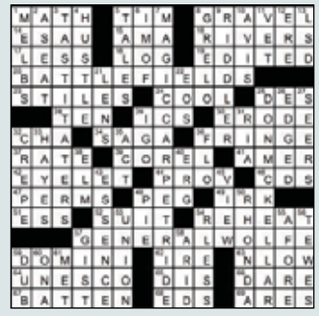
Across

1. Embassy diplomats, briefly
5. Nice deed, __ __ kindness
10. Feedbag fillings
14. Great Big Sea's "__-Mac"
15. Type of bird
16. Tennis great Arthur
17. Singles
18. __ __ Controller
20. Pantry staples: 2 wds.
22. "Phooey!"
23. The Bridges at ___-__ (book by James A. Michener)
24. "Maude" and "Rhoda"
26. Brick carrier
27. Pouch
29. Last day in August, e.g.
30. "I understand already!": 2 wds.
32. Laters' opposites
35. Sun News host Mr. Levant
39. Darned
40. Books holder
42. Kin of Eire
43. Coastal bird (var. sp.)
44. Actress Patricia
45. Battle rounds
46. '_' __ in Elmira
49. YMCA, e.g.
51. Frying __
52. Varnishes
57. Yankees legend Lou
59. Hankering
60. Toronto: CNE = Canadian National __
62. __-__ worker
64. Pre-weekend shout!
66. Actress Ms. Gruning
67. Book
68. Feminizing suffix
69. Bank's bridge?
70. Cake-candle countees
71. Illusionist, archaically

Down

1. La Isla Bonita line: "Te dijo te __."
2. __ __ Prize for Fiction
3. "Communication __" by Chilliwack
4. Captain Benjamin __, on Star Trek: Deep Space Nine
5. Canadian History: Maritime exiles
6. __ notes (quiz-taker's no-no)
7. Weight allowances
8. Like keg beer: 2 wds.
9. Southeastern BC mountain city
10. Klutz
11. "The notation 'Fortississimo' is shortened __ '_ _ _'." ...said the music instructor
12. Crook
13. Six: German
19. "It should come __ __ surprise..."
21. Ums' equivalents
23. Over-there items
25. Last letter
28. Actress Mindy
31. Pray
33. Small
34. Smelting waste
36. Dominic __, actor who plays Dante Falconeri on General Hospital
37. Left
38. The Association's __ Comes Mary
41. Jennifer Lopez's fellow dancers on In Living Color: 2 wds.
47. Writer Mr. Waugh
48. Dresden is its capital
50. NYC opera house
52. Emmy-winning Sally Field role
53. "Greetings!"
54. Ms. Okuma of TV's Rookie Blue
55. Ravel ballet, Daphnis et __
56. Actor Henry
58. "__ '__ Up Style (Oops!)" by Blu Cantrell
61. Max __ Jr. of The Beverly Hillbillies
63. 'Jacob' suffix
65. Price

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6	8						5	9
	1			4			8	
		4	2		8	6		
			7		4			
4								7
			5		3			
		1	3		5	2		
	2			7			3	
5	9						7	6

Friday's Sudoku

6	4	2	8	5	1	9	3	7
3	9	1	6	7	4	8	2	5
8	5	7	3	9	2	6	1	4
1	8	5	4	3	6	7	9	2
4	3	6	7	2	9	1	5	8
7	2	9	1	8	5	3	4	6
9	6	3	5	4	7	2	8	1
5	7	8	2	1	3	4	6	9
2	1	4	9	6	8	5	7	3

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*$2,000/Up to $3,000/$5,000 Honda cash purchase incentive is available on select 2014 Civic models (2D LX, 2D EX, 2D EX-L NAVI, 2D Si, 4D LX, 4D EX, 4D Touring and 4D Si), select CR-V models (LX 2WD, EX, EX-L, Touring), select 2014 Accord models (LX, Sport, EX-L, Touring) and every 2014 Pilot model. Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. #Limited time lease offer based on select new 2014 Honda models through Honda Canada Finance Inc. O.A.C. Lease example based on a new 2014 Civic 4D DX 5MT model FB2E2EEX and a 48 month lease term available only through Honda Canada Finance Inc. O.A.C.: 0.99% lease APR for 48 months O.A.C. Bi-weekly payment, including freight and PDI, is $97.85. Down payment of $0.00, first bi-weekly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $10,176.40. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. †Limited time 0.99% finance offer based on select new 2014 Honda models only through Honda Canada Finance Inc. O.A.C. Finance example based on a new 2014 Civic 4D DX 5MT model FB2E2EEX and a 48 month finance term available only through Honda Canada Finance Inc. O.A.C.: $17.18 at 0.99% per annum equals $366.30 monthly for 48 months. Freight and PDI of $1,495 included. Cost of borrowing is $351.05. for a total obligation of $17,671.20. Down payment of $0.00, first monthly payment, environmental fees and $0 security deposit due at finance inception. Taxes are extra. Finance on approved credit for qualified customers only. "NSNP: is $19,990/$27,685/$25,685/$36,685/$366,685 based on a new 2014 Civic 4D DX 5MT FB2E4EEX/CR-V LX 2WD DX RM3KH3EES/Accord 4D LX 6MT CR2E3EE / Pilot LX 2WD YF3H2EE including $1,495 / $1,695 / $1,695 freight and PDI. "†" Prices and/or payments shown do not include PPSA lien registration and lien registering agent's fees, which are due at time of delivery. Dealer may sell for less. Dealer trade may be required. For all offers levies (air conditioning tax of $100 and tire/battery tax of $25), license, insurance, applicable taxes and registration are extra. Offers valid from August 7th through September 2nd, 2014 at participating Honda retailers. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your BC Honda retailer for full details.